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City gives a royal welcome

About 300,000 people welcomed the Duke and Duchess of Cambridge to Ottawa at the Canada Day celebration in the downtown core, according to the National Capital Commission. The NCC estimated about 100,000 attended the evening show on Parliament Hill. Ottawa police arrested 10 people — four for criminal offences, including assault. By late afternoon, paramedics treated 135 — most for dehydration. **JESSICA SMITH**

MARC MESSIER/OTTAWA PARAMEDIC SERVICES



► Fire damage

Fire forces six from house

Six people were forced from their home when a fire sparked by a candle gutted part of a rooming house early yesterday morning. The blaze broke out just after midnight at 447 Catherine Ave. when an electric fan blew a flag onto a candle, said Ottawa Fire Services spokesman Marc Messier.

The resident tried to put out the flames but failed. Then he alerted the other residents. No one was injured. **JESSICA SMITH**

Festival. Season



► Musician Daniel Lanois, from Hull, performs on the closing night of the 2011 TD Ottawa Jazz Festival. Music fans don't have to wait long to get their music fill as the Cisco Ottawa Bluesfest kicks off tomorrow.

MARC DESROSIERS/FOR METRO

Bluesfest to pick up where Jazz Festival left off

Employee foils second theft attempt at gallery

► Second Gordon Harrison painting targeted in a week, likely by same thief: Gallery ► First theft — worth about \$1,600 — a major financial blow


JESSICA SMITH
@METRONEWS.CA

Ingrid McCarthy didn't hesitate to chase after the thief she saw a rip a painting off the wall of the gallery she works at — but she didn't expect him to return it so politely when she caught him.

"I touched him on the shoulder and I said to him, 'You just stole a painting.

Can you give it back to me right now?" she said. "When he turned around and looked at me, I was very, very surprised to look into a friendly, almost childish face."

Then, he "bowed slightly" and handed the painting over before running away, she said. McCarthy was working alone at the Gordon Harrison Gallery on Thursday, when the man walked in, grabbed one of

Harrison's landscape paintings and ran away.

McCarthy said that she knows it might not have been a good idea to chase after the thief, who could have reacted much more aggressively. The gallery is hoping someone will recognize McCarthy's description of him: a man in his 50s, about five-foot-six with a blond beard and a red face. He is believed to have successfully stolen another

GORDON HARRISON



► Summerlands 9

Harrison landscape on June 26.

1

news


The death of a puppy that had been locked in a car may lead to charges. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

In the wake of the Kabul hotel attack, Defence Minister Peter MacKay says that Canadian soldiers in the city are safe. Video at metronews.ca

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Landside victory in Thai election

► Photogenic Yingluck Shinawatra has long been seen as front-runner
► Set to be country's first female PM

The sister of exiled former Prime Minister Thaksin Shinawatra led Thailand's main opposition party to a landslide victory in elections yesterday, heralding an extraordinary political turnaround five tumultuous years after her fugitive billionaire brother was toppled in an army coup.

The vote paves the way for 44-year-old Yingluck Shinawatra, who has never held office, to become this Southeast Asian kingdom's first female prime minister.

A large mandate to govern could help the new government navigate a way out of the crisis that has plagued Thailand since Thaksin's 2006 overthrow. But the question remains whether the nation's elite power brokers, including the monarchy and the army, would accept the result.

Thaksin was barred from politics in 2007 and

convicted on graft charges the next year. The U.S.-educated Yingluck, who he has called "my clone," is widely considered his proxy.

The incumbent premier, Abhisit Vejjajiva, conceded defeat last night and said he was ready to become the opposition.

With 98 per cent of the vote counted, preliminary results from the Election Commission indicated Yingluck's Pheu Thai party had a strong lead with 264 of 500 parliament seats, well over the majority needed to form a government. Abhisit's Democrats won 160 seats.

Speaking to a throng of cheering supporters at her party headquarters in Bangkok, Yingluck declined to declare victory until final results are released. But she said: "I don't want to say that Pheu Thai wins today. It's a victory of the people."

THE ASSOCIATED PRESS



► Yingluck Shinawatra, the Pheu Thai Party's candidate for prime minister and youngest sister of ousted Prime Minister Thaksin Shinawatra, gestures as she attends a press conference at the party headquarters in Bangkok, Thailand, yesterday.

Activists plan to go on with Gaza flotilla despite Greek ban

Organizers of a Gaza-bound flotilla said yesterday they have not abandoned their plans to breach Israel's sea blockade of the territory despite a Greek government ban on their vessels leaving the country's ports.

The campaign experienced a major setback when Greece announced its restrictions Friday, and authorities arrested the captain of a boat carrying American activists that tried to leave Greece without permission.

However, co-ordinators of the flotilla were trying to maintain momentum with small protests in Athens in the face of increasing calls for them to scrap their campaign. On Saturday, the Middle East Quartet of Mideast mediators — the U.S., UN, EU and Russia — urged governments to discourage Gaza-bound flotillas that could escalate tension in the region.

Several protesters from the American vessel briefly protested outside the U.S.



► Supporters of the Gaza flotilla gather outside the Ministry of Public Order in Athens yesterday.

Embassy before leaving. They had originally planned to stay there overnight. They want Washington to pressure Greece to release their American captain, John Klusmire, and allow them to depart for the Gaza Strip.

The U.S. Embassy provided standard consular services to the American citizens in the flotilla "before and after" the interception of their vessel, spokesman Stuart Smith said.

THE ASSOCIATED PRESS

Blockade

► **Weapons.** Israel says it imposed the blockade in 2007 to stop weapons reaching Hamas, the Islamic militant group that rules Gaza.

► **Uproar.** Nine activists on a Turkish boat were killed last year in an Israeli raid on a similar flotilla, and Israel eased its land blockade after an international uproar over the incident.

B.C. woman suspected of being killed by black bear

A black bear believed to be responsible for the death of a British Columbia woman had previously tried to enter the woman's home a couple of times, said Rod Olsen of the B.C. Conservation Of-

ficer Service.

The fed-upon remains, which are believed to be hers, were found while investigating a missing-person's complaint in a remote area outside of Lillooet, B.C., a town of

about 3,000 people — around 240 kilometres northeast of Vancouver.

An autopsy is underway to provide positive identification and to confirm whether the woman was attacked or died of natu-

ral causes.

Olsen said there are two possible reasons for a bear to attack a human: the animal may be defending itself, its food or young, or could be on the hunt. ● PHYLCIA TORREVILLAS

Biker killed while protesting helmet laws

Police say a motorcyclist participating in a protest ride against helmet laws in upstate New York died after he flipped over the bike's handlebars and hit

his head on the pavement.

The accident happened Saturday afternoon in the town of Onondaga, in central New York near Syracuse. THE ASSOCIATED PRESS

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Oil spill fouls Montana river




► Environmental impact uncertain for Yellowstone River ► Oil firm trying to 'corral this monster'

An ExxonMobil pipeline that runs under the Yellowstone River in Montana ruptured Saturday, leaking hundreds of barrels of oil into the waterway. The spill caused a 40-kilometre plume that fouled the riverbank and forced municipalities downstream to close water intakes.

Hundreds of residents were temporarily evacuated due to the overpowering fumes and concerns about possible explosions, while cleanup crews deployed booms and absorbent material as the plume moved downstream. It was unclear how far it might travel.

ExxonMobil spokeswoman Pam Malek said the pipe leaked 750 to 1,000 barrels of oil for about a half-hour before it was shut down.

Market moment

TSX	Dollar
	
+ 111.93 (13,300.87)	+ 0.65¢ (103.68¢ US)
Oil	Natural gas 1,000 cu ft
	
- \$1.06 (\$94.38 US)	\$4.32 US (- 5.5¢) Gold contract \$1,502.80 US (- 7.60)

PRICES AS OF 3 P.M. THURSDAY

"The timing couldn't be worse," said Steve Knecht, chief of operations for Montana Disaster and Emergency Services. "With the Yellowstone running at flood stage and all the debris, it makes it dang tough



► Crude oil swirls in a flooded gravel pit in Lockwood, Mont., after a pipeline break on Saturday. The ExxonMobil pipeline that runs under the Yellowstone River near Billings, south-central Montana, ruptured and dumped oil into the waterway.

to get out there to do anything."

Duane Winslow, Yellowstone County director of disaster and emergency

services, said the plume was dissipating as it moved downstream. "We're just kind of waiting for it to move on down

while Exxon is trying to figure out how to corral this monster."

In a statement, ExxonMobil said it was sending a

team to help with cleanup. The ExxonMobil Pipeline Company "deeply regrets this release," it said.

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Nissan turns over a new leaf, power-wise

Nissan's Oppama plant in Yokosuka, northern Japan, was busily rolling out the Leaf electric car and other models on the weekend, having shifted production schedules for an aggressive nationwide effort to fight the power crunch created by the tsunami-crippled Fukushima Dai-ichi nuclear plant.

"Setsuden," or "save electricity," is Japan's biggest buzzword.

Starting Saturday, Nissan Motor Co. and other Japanese automakers are

working weekends and instead taking Thursday and Friday off. The reworked schedule is for July, August and parts of September, to spread out electricity consumption during peak power-need periods.

Nissan has also beefed up its "smart meter" control room, which had been set up under normal times to monitor electricity consumption at its auto plants. Now, the large-screen monitors and computers more closely watch electricity consumption



► A worker walks past a poster showing Nissan's CEO, Carlos Ghosn, at the automaker's plant in Yokosuka, Japan.

and predict what the usage will be 30 minutes ahead, so that assembly lines or air conditioning can be shut down, if needed.

Setsuden is evident throughout Japan, with trains running on reduced schedules, escalators and elevators shut down and neon signs turned off. Even the usually suit-clad "salarymen" have begun to wear T-shirts and go tieless in "Super Cool Biz" attire to survive thermostats at 28 C.

THE ASSOCIATED PRESS

Setsuden

► The March 11 disaster that crippled the Fukushima Dai-ichi nuclear power plant prompted Tokyo to demand that companies, shopping malls and universities cut electricity use by 15 per cent.

► Nissan is simulating electricity use for next year, to be prepared to slash consumption by an even bigger 25 per cent compared to this year.

Cubans hopeful about Internet access

A few dozen members of Cuba's small but growing Twitter community met in downtown Havana on Friday, putting faces to familiar user names and commiserating about the woeful Internet access on the island.

Alejandro Cruz, a.k.a. "cuba1er.plan," said Cubans like him are in-

creasingly using social media to share interests and information. But their ranks are still sparse because Cuba lags far behind the rest of the world in connectivity, besting only the Indian Ocean island chain of Mayotte, according to a report by Akamai Technologies.

The decades-old U.S. eco-

nomie embargo has left Cuba without a hardwired connection to the world, and the island relies on slow, costly satellite service. The Twitter users hope things will speed up now that an undersea fibre-optic cable to Venezuela has arrived in Cuba. It could go online this month.

THE ASSOCIATED PRESS

Greece loan staves off disaster, for now

Greece has been pulled back from impending default with a vital loan instalment.

Athens will get a 12-billion-euro portion of its existing 110-billion-euro rescue package by July 15, in time to meet several bond-repayment deadlines this month and next. The eurozone and the Interna-

tional Monetary Fund will also continue to prop up Greece's struggling economy, with a second package of aid loans to be finalized by September.

But while Saturday's renewed commitments save Greece from immediate collapse, the country's creditors are concerned about how it can service a

debt of 160 per cent of economic output.

"The Greek government debt will remain for many years at a high level and, therefore, subject to possible adverse developments that cannot be predicted," a European Commission report said Saturday.

THE ASSOCIATED PRESS

VOLUNTEERS HELP MAKE BLUESFEST SING

URBAN COMPASS

STEVE COLLINS
METRO OTTAWA



Record crowds for this year's Will-And-Kate-Plus-300,000 edition of Canada Day booked the hotels solid, choked OC Transpo and kept police and paramedics

hopping in the heat.

These pros all did a tough job, but no event of this size can come off without a cadre of passionate helpers giving it away for free.

Also facing the crowds, outnumbered 600 to one, were some 500 NCC

volunteers doing countless little jobs at Parliament Hill, Major's Hill Park and Jacques-Cartier Park.

Ottawa's races, festivals and regular tourist attractions pack people in all summer, and when the big crowds descend, volunteers shine.

Starting tomorrow, numbers comparable to Friday's massive Canada Day crowd (albeit spread over two weeks) will descend on Le-Breton Flats for Bluesfest. Waiting for them will be a mighty complement of 3,800 volunteers.

Bluesfest volunteers are perhaps better compensated than most, enjoying a free pass to the festival if they sign up for six four-hour shifts, but they take care of practically everything on the grounds.

I spoke to some of the area leaders who manage the crews, like Cathy Laveille, who is in charge of merchandise and posters. This will be her fourth year volunteering for the festival.

"I take my holidays to do Bluesfest," she said. "That's my vacation time, two weeks (of) Bluesfest and a week just to recuperate from Bluesfest."

High energy and a habit of helping seem to be common characteristics of these Bluesfest diehards, whether it's Carol Patterson, boss of the Lac Leamy Suites, who also signed up to volunteer at the Jazz Festival this year, or Doug Stewart, point man at the gates, who doubles as chair of the Bluesfest Refugee Sponsorship committee, which is preparing to help a family from Iraq when they arrive in Ottawa later this year.

Nancy Browman, who runs the Mill Street Pub, has made a long habit of volunteering, also helping out at a rape-crisis centre. Every day of Bluesfest, she drives two hours into Ottawa, and fills the spare seats in her car with local teens who otherwise couldn't get here.

What keeps her coming back?

"Besides being ever so slightly crazy," she told me, "I absolutely love music, and the variety of music and having that much music in one place for that period of time in Ottawa is so lucky."

With volunteers like these on the job, I'm not sure how much luck has to do with it.

Small, but mighty Lions create culture of care

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here is one.

Sherwood Forest had Robin Hood. Kemptville

has the Lions. But instead of stealing, they fundraise. "Really what we're doing is redistributing our community's resources," says Kemptville Lions Club president Alan Forbes. Small but mighty, the club's 27 volunteers run an eye-care program in countries like Guyana, donate to Kemptville's community centre and new library, encourage young people to

volunteer, organize little league sports — and that's just the beginning.

Recently, when a fire destroyed the home of a local elderly couple, the Lions sprang into action and gave the husband and wife some of the funds they have raised to help them get back on their feet. With more than 50 years of service and giving back, the Kemptville Lions have

created a culture of service and care — something no community should be without.

● CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Cartoon by Michael de Adder



Tweets

- @katperry: In OTTAWA! Heard Prince William & Kate are here, come to the show!!! (Kate-bring the McQueen!)
- @ryandclassie: You must be at least this bald to play goal for the Ottawa Senators
- @EpicMealTime: Happy Canada Day to America's hat!! We're coming to Ottawa today!!
- @AlexSmyth: LOL, Sunday Service on Canada Day, OC Transpo? Epic #fail Only the day with the most people downtown all year.
- @fiveholeforfood: Ottawa, thank you! We raised 4,635 lbs of food for the @OttawaFoodBank today! They've set the new standard for other cities to beat!
- @ScaleDown: 1st bike friendly communities in Ontario announced. Ottawa solid Silver; Waterloo at silver also. Ajax and Windsor in at bronze. Seriously?!
- @ottguy: Thank god RibFest is over so we can get back to shooting a cannon down Sparks Street Pedestrian Mall and not hitting anyone.

WEIRD NEWS

Baboon wasn't amused with this park

A wayward baboon that apparently escaped from an amusement park and became a mini-celebrity — appearing at a golf course and being followed on Twitter — was captured Saturday after spending three days on the lam.

The animal appeared to be unharmed when it was found and tranquilized at a farm in southern New Jersey. The farm isn't far from Six Flags Great Adventure's Monkey Jun-

gle in Jackson Township, which has about 150 baboons that are part of a drive-thru safari.

Park officials confirmed the capture and said they believed the animal was theirs. But they won't know for sure until it's assessed and they can see if it has a microchip that's embedded in all their baboons.

Numerous online followers tracked the baboon's travels after it initially was spotted Thursday. Many posted on a tongue-in-cheek Twitter account created by a person posing as the baboon.

Officials had said the baboon didn't pose a threat to residents but as a precaution warned them not to approach it if they encountered it.

THE ASSOCIATED PRESS

2

scene

Patience makes the Soundgarden grow

► Chris Cornell on getting the band back together — and making sure it doesn't fall apart again



PAT
HEALY
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Chris Cornell has a very practical approach to Soundgarden these days. He does what he does because he and his band like it, not because a record company says they have to.

You've been doing a lot of solo touring. How different is the mindset for doing that from the mindset you have to have for these Soundgarden shows?

Lately I've been doing what I call the Songbook tour, which is pretty much just me and an acoustic guitar, so it's about as opposite as you can get. ... The only way to get any further away is if it was just me and a puppet. Then it would be a completely different genre of entertainment. And in that way, you don't really have to strive for balance. One kind of takes care of the other.

After touring around for a month and a half, doing that [acoustic tour], I was really looking forward to getting in the studio with Soundgarden and playing loud, aggressive rock music and then after doing that for a while it will feel great to just sit alone and play an acoustic guitar, so in that way I think I'm pretty fortunate to be able to have such dramatic extremes happening.

On these new dates are you guys doing any of the new stuff you've been recording?

I'm not sure if we will do that now mainly because we haven't toured in 12 years or whatever it's been. It's hard to actually come up with a set list that's inclusive of all the stuff that we would play even if we weren't working on new material. We felt like we haven't played in so long, haven't toured and haven't played

"We're just as adventurous as we've always been, so there are song arrangements and styles that are different than anything we've ever done, but no matter what, we would be doing that."

CHRIS CORNELL ON SOUNDGARDEN

in front of these different people in so long. How are we going to really make everyone happy? We don't want people to show up and be like "It was great, but they didn't play this or that." So to throw in new material, we don't know if it's something we want to do right now.

From the new songs, is there anything you're really psyched about that's almost



► Chris Cornell, fresh off a solo tour, says he is looking forward to the release that playing aggressive music with his old band will give him.

Box office



Distributor Paramount Pictures said yesterday that *Transformers: Dark of the Moon* took in \$97.4 million domestically in its first weekend.

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ready to go, that you would love to play?

The whole album is close enough that I kind of get a sense of the overall feeling of it and I'm pretty happy with that. It's pretty great. It's very different. But then again, they all were, so it's not like we completely changed. Musically, at some point, I think we were always kind of doing that. And there's always familiar elements going on but it's also new.

Is there any feeling of proceeding with caution as far as hoping you don't get involved in any of the pitfalls that caused the breakup that led to the breakup?

Well, I think the main one is avoiding concerns

about scheduling. I suppose there was always a factor of record companies worrying about competition, other record labels and what they're releasing by what bands that would be in direct competition with our band. And that's concerned with a lot of different things — with touring, with radio airplay, with TV airplay and all the things that go along with it. And we're not really in that position anymore.

We're just Soundgarden and we're just in that stage of being a band that there isn't really competition. There isn't really another band that can rush in and take our place if we're not ready.

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Kate gives Canadian designer regal replay

- Duchess of Cambridge gives homegrown talent second nod on tour
- She first wore ensemble by designer on day one of royal Canadian visit

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► Prince William, Duke of Cambridge and Catherine, Duchess of Cambridge, attend a Freedom of the City Ceremony outside City Hall yesterday in Quebec.

It was a regal repeat for Kate as she opted to wear a dress from Canadian designer Erdem for the second time during the royal tour.

The Duchess of Cambridge appeared at a prayer service in Quebec City on Sunday wearing a navy lace Jacquenta dress from Erdem Moralioglu, who is a native of the province.

A model is seen wearing the dress in a photo on the Erdem website categorized under the pre-fall 2011 collection.

The Montreal-born, London-based Moralioglu behind the Erdem label created another lacy frock

worn by Kate on the first day of her first official visit abroad.

Kate stepped off of a Canadian Forces jet Thursday in Ottawa donning a elbow-length, dark-coloured Erdem dress.

She wore the dress to attend a wreath-laying ceremony with Prince William at the National War Memorial in the heart of the city's downtown core.

That was followed by a walkabout among the thousands of people lining the memorial square.

The pair then made their way to an official welcome ceremony at Rideau Hall.

THE CANADIAN PRESS

Princess swimming in diamonds

At her royal wedding, Britain's Kate Middleton donned an heirloom tiara charged with historical significance. Princess Charlene of Monaco opted for something much more personal, choosing a bold, asymmetrical creation in diamond and white gold that symbolizes the one-time Olympic swimmer's love for the sea.

Made by French-German jeweler Lorenz Baumer, the "Diamond Foam" tiara in white gold and nearly 60



► Princess Charlene

karats worth of diamonds evokes the spray thrown off a crashing wave.

Baumer declined to give the price of the tiara, but hinted at a consequent sum.

THE ASSOCIATED PRESS

A new spin on laundry from Zombie

Rob Zombie's latest project has the characteristically dark a vibe you'd expect from the musician and filmmaker.

A creepy soundtrack is set to the image of a masked man ominously dragging a heavy sack through a field. But it's not Zombie's latest film project — it's a 30-second spot is for Woolite laundry detergent. The scary character is eventually revealed to be a merciless clothing torturer.

THE CANADIAN PRESS

Dinner&dessert

► The authors of two different cookbooks, *Time for Dinner* and *The Sneaky Chef*, provide a meal that's healthy for you and your children ► There are hidden veggies in those cookies

You may have already discovered how cedar planks on the grill keep salmon moist and imbue it with rich, smoky flavour. But if you don't own a grill, why not try it in the oven? (Make sure the vent is working.)

Preparation:

- 1 Soak the cedar plank in water for 4 hours; place it on a rimmed baking sheet lined with foil.
- 2 Preheat oven to 500° F.
- 3 In a bowl, combine the syrup, mustard, soy sauce, and lime juice. Put the fish in this mixture to marinate while you cook the rice.
- 4 In a saucepan, bring the broth and coconut milk to a boil.
- 5 Stir in the rice, reduce heat to low, cover, and simmer for 20 minutes.

Ingredients:

- 1 cedar plank (for cooking)
- 1/3 cup maple syrup
- 1 teaspoon Dijon mustard
- ½ teaspoon soy sauce
- juice of 1 large lime
- 1 ½ pounds salmon fillet
- 2 cups chicken broth
- 1 13.5-ounce can light coconut milk
- 2 cups uncooked jasmine rice
- salt

- 6 Place the fish on the plank skin-side down, sprinkle it with the salt, and bake for 12 to 15 minutes, until it flakes easily but is not dry.
- 7 Transfer the marinade to a saucepan and heat it over low-medium heat until slightly reduced, about 3 minutes. Drizzle it over the fish before serving.

Dinner. Maple-glazed plank salmon with coconut rice



4 portions
Prep time:
20 min.
Total time:
4 hr 30 min

► From *Time for Dinner* by Pilar Guzmán, Jenny Rosenstrach and Alanna Stang.

Dessert. Unbelievable Chocolate Chip Cookies



About 50
two-bite cookies
Prep time:
40 min.
Total time:
60 min

► From *The Sneaky Chef* by Missy Chase Lapine

Oats and white beans make a decent chocolate chip cookie, you ask incredulously? And I want to throw in wheat germ and whole-wheat flour! Well, tasting is believing.

Preparation:

- 1 Preheat oven to 375 degrees. Remove butter from fridge to let soften.
- 2 In bowl, whisk flour. Blend, baking soda, salt, ground oats, and ground almonds (optional). Set aside.
- 3 In the bowl of a mixer, beat butter and both sugars until creamy. Beat in egg, vanilla, and White Bean Puree. Add dry ingredients and mix on low. Stir in chocolate chips (and walnuts or dried berries). Make two-bite cookies by dropping rounded half-teaspoonfuls, spaced 2 inches apart, onto non-stick or parchment-lined baking sheets.

- 4 Bake for 12 to 14 minutes or until golden brown. Let cool on a metal rack. Store cookies in airtight container.

Ingredients:

- 1 cup Flour Blend (see bottom fact box)
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup rolled oats, finely ground in a food processor
- 2 tablespoons blanched, slivered almonds, finely ground in a food processor (omit if allergic)
- 8 tablespoons unsalted butter
- 1/4 cup sugar
- 1/4 cup brown sugar
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1/4 cup White Bean Puree (see right fact box)
- 1/2 cup semi-sweet chocolate chips
- Optional extra boost: 1 cup chopped walnuts or dried berries

White Puree

- 2 cups cauliflower florets
 - 2 zucchini, peeled and roughly chopped
 - 1 teaspoon lemon juice
 - 3–4 tablespoons water, if necessary
- Steam cauliflower in steamer over 2 inches of water, using a tightly-covered pot, for about 10 mins.
- Pulse raw peeled zucchini with the lemon juice only. Drain cooked cauliflower. Add it to the pulsed zucchini in bowl of processor with two tablespoons of water. Puree on high until smooth. Stop occasionally and push contents from the top to the bottom. If necessary, add the rest of the water.
- Makes about 2 cups of puree. Store in refrigerator for up to 3 days, or freeze 1/4 cup portions in sealed plastic bags or the small plastic containers.

The Flour Blend

- 1 cup all-purpose, unbleached white flour
- 1 cup whole wheat flour
- 1 cup wheat germ,

unsweetened

- Combine flours and wheat germ in a bowl. It can be stored in a sealed, labelled plastic bag for months.

3

life

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A new study shows

73 minutes

...is the average amount of TV consumed by toddlers daily. Those who watch TV after 7 p.m., may suffer from sleep problems. The viewings resulted in nightmares or trouble falling asleep, according to Seattle Children's Research Institute.

• MWN



Online support groups, blogging help parents deal with miscarriage, stillbirth.



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India.....2.9 ¢/min



U.A.E.....14.9 ¢/min



Israel.....1.9 ¢/min



U.K.....2.9 ¢/min



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Simplicity at its finest

► Go back to delicious basics with garlic steak and grilled baked potatoes



THE CANADIAN PRESS/ TIM TURNER

► If you love garlic, this steak is for you. It uses 25 cloves.

Preparation:

1 In saucepan over low heat, combine garlic and red pepper flakes

with 125 ml (1/2 cup) to 250 ml (1 cup) of oil, making sure you have enough oil to cover gar-

lic cloves. Cook at a low simmer until garlic starts to brown, about 20 minutes. Remove pan from heat and let garlic cool in oil. Set aside.

2 Pour 50 ml (1/4 cup) of garlic oil onto sheet pan. Dredge steaks through oil, coating both sides. Season evenly with salt and pepper. Let steaks stand at room temperature for 30 minutes before grilling.

3 Prepare grill for direct cooking over high (230 to 290 C/450 to 550 F).

4 Brush cooking grates clean. Grill steaks over direct high heat, with lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium

Ingredients:

- 25 garlic cloves, peeled, plus extra for garnish
- 0.5 ml (1/8 tsp) crushed red pepper flakes
- 125 ml to 250 ml (1/2 cup to 1 cup) extra-virgin olive oil
- 4 bone-in steaks (each 280 to 350 g/10 to 12 oz and 2.5 cm/1 inch thick), trimmed of excess fat
- Sea salt and ground black pepper, to taste

rare. Turn once or twice. Remove from grill and let rest for 5 minutes.

5 Serve steaks topped with sprinkling of salt and garlic. Spoon garlic oil over the steaks. **THE CANADIAN PRESS/ WEBER'S ON THE GRILL: STEAKS & SIDES BY JAMIE PURVANCE**

Grilled Baked Potatoes



Ingredients:

- 6 large russet potatoes
- Olive oil
- Kosher salt
- Ground black pepper

drizzle with olive oil and sprinkle with salt and pepper. Roll potatoes to coat, then wrap.

3 Reduce one side of grill to medium. If using charcoal grill, bank most coals to one side. Arrange potatoes on cooler side. Cook 40 minutes or until cooked.

Preparation:

1 Heat a grill to high.

2 Wash and pat dry each potato. Use fork to pierce each potato several times. Tear 6 sheets of foil, then use the fork to pierce each one several times. Place potato on each piece of foil;

Topping Suggestions: Baked beans, grated cheese, sour cream, crumbled bacon, diced tomatoes, diced onion.

THE ASSOCIATED PRESS

A strange but tasty summer soup

Gazpacho, the tomato-based chilled soup, can be one of the most refreshing uses of summer produce.

Sometimes chopped, sometimes puréed, sometimes cooked, sometimes completely raw, gazpacho can be made a few ways.

We opted for another red icon of summer for our base — watermelon. Going with a half chopped, half pureed, completely raw

version, we created a super light dish that's great as an appetizer, for brunch or for a light snack.

Preparation:

1 In a blender, puree watermelon until smooth.

2 In bowl, combine watermelon puree, cucumber, cantaloupe, salt, lemon juice and tarragon. Refrigerate until chilled.

3 Meanwhile, in a small bowl, combine creme fraiche, basil and mint.

Serve soup topped with herbed creme fraiche.

THE ASSOCIATED PRESS

Ingredients:

- 1 l (4 cups) watermelon chunks, seeded
- 250 ml (1 cup) peeled, seeded cucumber, finely diced
- 250 ml (1 cup) peeled, seeded cantaloupe, finely

diced

- 2 ml (1/2 tsp) salt
- Juice of 1 lemon
- 15 ml (1 tbsp) fresh tarragon, minced
- 125 ml (1/2 cup) creme fraiche
- 15 ml (1 tbsp) each fresh basil and mint, minced



MATTHEW MEAD/ THE ASSOCIATED PRESS

► This recipe makes six servings.



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How to work when home is the office

► Folks say it's lonely at the top ► But often it's even lonelier when you work from home for your own company



► It's easier to abandon your post, when your post is next door to your bed.

DREW HINSHAW
LIFE@METRONews.ca

Keeping a sense of perspective as you run a business out of a spare bedroom can be a job unto itself, small business advisors say. With no boss keeping tabs on the company math, it's all too easy, says John Jantsch, author of Duct Tape Marketing, to allow yourself the leisurely lunch breaks and hammock days that can sink your entrepreneurship.

"It's eye opening to people when they learn

how much an hour costs," he said.

"If you want to make \$100,000 a year working 40 hour weeks, the entire time you have to be doing work worth \$50 an hour."

Which is why, he advises, you have to obey your to-do list religiously. Tack a project list to your wall to make sure you're chasing the big goals, he adds.

"You need to constantly have that discipline to focus on the pay-off work," Jantsch warns. "Reading a magazine or cleaning the office probably isn't worth \$100 an hour."

Leaving the office, how-

ever, could be the most profitable thing you do all day.

"For people just starting off, the highest pay-off work you can do is get out of the office," Jantsch says. "Go network, and start meeting people."

Assemble a Board of Advisors.

Every business, no matter how miniscule, needs a set of advisors, says Jim Blasingame, author of Small Business Is Like a Bunch of Bananas.

"The dream is that you have lunch once a month

with your attorney, your insurance agent, your accountant, your consultant, and you all sit around the table and talk," he says.

It almost never happens, he adds. For a one-businessperson show, you'd do better to start with a single consultant paid for keeping an eye on the company's bottom line.

"It doesn't need to be a friend," he stresses. "It needs to be someone you're paying for absolute brutal, brutal bloodletting, gut-wrenching, eviscerating candor."

Meet with Customers

There's one sort of advice you can seek that's free, plus it's always right: the customer's

"About once a quarter,

bring five or six of your customers for lunch," Jantsch suggests.

"Not only will you get out of the house, you'll create a networking opportunity."

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Take a look at him now, skeptics!

Once pegged as a poor business planner, Mike Riehm did a workplace 180 and showed his critics who's boss

TURNING POINT

TERESA KRUIZE
LIFE@METRONEWS.CA

For 11 months the CBC TV crew followed Mike Riehm as he worked to build his business called EnviroBOND. With his family and friends gathered to

watch the debut, a hush filled the room as the host faced the camera and said, "Have you ever wanted to start your own business? Here is an example of what

him for not having a sound business plan. Mike was devastated. His girlfriend left him. "I stared at a wall and cried for three days," Riehm says. "When you're going down like that you have two choices: sink or swim."

Today, 10 years later, Mike Riehm has learned some tough lessons, but the EnviroBOND products of sand, stone and organic

paving materials are now being sold by 150 dealers across North America and are in seven countries around the world. He recently bought a beautiful new home, upgraded his business facility and got engaged to an amazing real estate agent.

Hey CBC, looking for a story on how a successful business is run? Meet Mike Riehm.



► Mike Riehm, president and CEO of EnviroBOND.

NOT to do. Meet Mike Riehm."

Portrayed as a hard worker with a good product, the program slammed

Riehm's Notes

Riehm on surviving a tough startup.

- Confront the bull by the horns — strive to learn the things that you are afraid to know.
- Build a flat workplace where it is OK to tell someone (even the boss) how they can improve their role.
- If you chose not to decide, you still have made a choice. Sitting on the fence is still a choice.
- You don't know what you don't know. Be aware of your own ignorance.

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Jays blast past Phillies with 3 home runs in 8th

Newly named all-star Jose Bautista blasted his MLB-leading 27th home run and the Toronto Blue Jays cooled off Phillies lefty Cliff Lee with a 7-4 win over Philadelphia yesterday afternoon.

Lee's day unravelled in the eighth when Eric Thames tied the game with a no-doubt solo shot over the centre-field wall on the first pitch he saw.

That set up Bautista's heroics when he crushed Lee's 2-1 fastball to his usual sweet spot over the left field wall, sending the 26,204 at Rogers Centre into a frenzy.

Adam Lind singled, Juan Rivera went deep on a 91 m.p.h. fastball and all of a sudden the Blue Jays had a three-run cushion.

That brought out the hook for Lee as Phillies manager Charlie Manuel replaced him with Michael Stutes.

Lee (9-6), who heading into the game was riding a tremendous hot streak having surrendered a measly one earned run over his last five outings (42 innings), was tagged for 10 hits and seven runs (six earned) over 7 1/3 innings. He struck out nine and walked none.

Over five starts in June, Lee was 5-0 and hadn't lost since May 31 at Washington.

Reyes, looking for his first career victory against Philadelphia, finished with eight hits and four runs through six innings of work. He walked two batters and didn't register a single strikeout.

THE CANADIAN PRESS



► Novak Djokovic of Serbia celebrates championship point at Wimbledon yesterday after defeating Rafael Nadal of Spain.

Djokovic seals spot atop new tennis order

► World's new no. 1 wins first Wimbledon in four sets (6-4, 6-1, 1-6, 6-3)
► Serb 5-0 against Nadal in 2011 ► Gets first Grand Slam win over Spaniard

Until yesterday, Novak Djokovic never managed to win a grass-court tournament of any sort, let alone Wimbledon.

Until this marvellous — and nearly perfect — year, Djokovic was very good. Now he's great.

After outrunning, outswinging and, for stretches, dominating defending champion Rafael Nadal for his third major championship overall, Djokovic crouched on Centre Court, reached down, plucked some blades of grass and shoved them in his mouth.

"I felt like an animal. I wanted to see how it tastes.

It tastes good," Djokovic said later, his eyes wide and his smile contagious. "It came spontaneously, really. I didn't plan to do it. I didn't know what to do for my excitement and joy."

Putting together one of the best seasons by any athlete in any sport in recent memory, Djokovic claimed major trophies from the Australian Open and Wimbledon. Today, he will rise from No. 2 to No. 1 in the ATP rankings, overtaking Nadal, a switch guaranteed by virtue of Djokovic's win in the semifinals Friday.

"I want to win more Grand Slams," said Djokovic, the first man

Women's final

Petra Kvitova won her first Grand Slam title Saturday by beating Maria Sharapova 6-3, 6-4 in the Womens' final at Wimbledon.

since Andre Agassi in 1992 to win his first grass title at Wimbledon. "I will not definitely stop here, even though I have achieved (the) two biggest things in my life in three days."

Which, perhaps, is why he engaged in such a lengthy and original celebration, even tossing several rackets into the stands, the sort of crowd-pleasing

gesture for which Djokovic has long been known.

Indeed, early in his career, Djokovic stood out less for his shot-making than for his showmanship — check out his spot-on impersonations of other pros, including Nadal, on YouTube — and a hard-to-explain propensity for losing, or even quitting, during late-round matches at majors.

For years, Roger Federer and Nadal ruled tennis. One or the other was No. 1 every week since February 2004. One or the other won 22 of the last 26 Grand Slam tournaments, including Nadal's 10 titles. THE ASSOCIATED PRESS



Quoted



"I'm the captain of this ship and something like that cannot happen. That falls on me. I should have trusted my instincts with what I felt it was, but I didn't and that's my fault."

SEATTLE MANAGER ERIC WEDGE APOLOGIZED TO HIS TEAM YESTERDAY FOR NOT ARGUING ON SATURDAY NIGHT WHEN THE SAN DIEGO PADRES' CAMERON MAYBIN WAS AWARDED A WALK ON ONLY THE THIRD BALL OF HIS AT-BAT. THE SCOREBOARD DISPLAYED AN INCORRECT COUNT AND THE UMPIRE ALSO WHIFFED ON THE CALL. THE BIZARRE PLAY LED TO THE GAME'S ONLY RUN.

Bautista leads all-star voting

Jose Bautista is the people's choice heading into the all-star game.

The Toronto Blue Jays slugger received a record 7,454,753 fan votes ahead of the game at Chase Field in Phoenix on July 12.

Bautista is the first Blue Jay to lead voting for the game and the first Toronto player to be voted to the game since first baseman

6M Bautista's total surpassed the previous mark of 6,069,688 set by Ken Griffey Jr. in 1994.

Carlos Delgado in 2003.

"It's a good feeling, something I'll never forget," Bautista said before yesterday's game against the Phillies.

THE CANADIAN PRESS



► Jose Bautista

News in brief

Leafs, Preds swap players

NHL. The Toronto Maple Leafs acquired forward Matthew Lombardi and defenceman Cody Franson from the Nashville Predators yesterday. In return, Toronto sent the Predators defenceman Brett Lebda

and forward Robert Slaney. THE CANADIAN PRESS

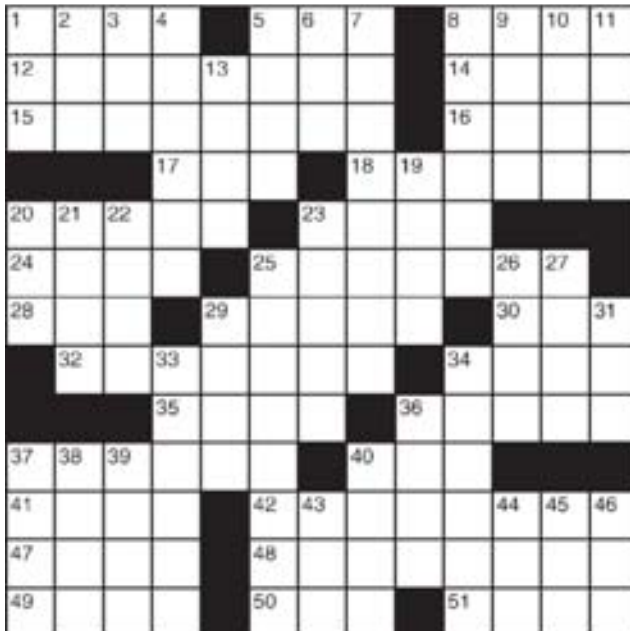
Brazil into quarter-finals

SOCCER. Marta scored twice in a 3-0 win over Norway to lead Brazil into the quarter-finals of the women's World Cup yesterday. She scored the first goal in the 22nd minute before putting the game out of reach in the 48th. THE ASSOCIATED PRESS

Crossword

Across

- 1 Moist
5 Lingerie item
8 "The — Piper of Hamelin"
12 Outside
14 Went on horse-back
15 1972 Bill Withers hit
16 And others (Lat.)
17 Two-timer
18 Blazing
20 Garden insect
23 Roman 202
24 Newman or Lynde
25 One with an entry-level job?
28 Up to, briefly
29 Dorian Gray's creator
30 Baby's mealtime garb
32 "Greetings," in India
34 Options list
35 "Woe is me!"
36 "Psycho" surname
37 Lunar surface feature
40 Inmate
41 Raise
42 Pop song of 1929
47 Land measure
48 Store
49 Needy
50 Soon to arrive
51 Charitable donations
Down
1 Atl. state
3 Chopper
3 1959 Kingston Trio hit



- 4 Writing tool
5 Tie
6 Bulg. neighbor
7 Three digits after 1
8 Early game in a tourney
9 Greek vowel
10 Dutch cheese
11 Drop a letter?
13 Street
19 Shoot a gun
20 Suitable
21 Aspirin target
22 Hawaiian dance
23 Indianapolis team
25 Took weapons
from
26 Help in a crime
27 Near-perfect score, maybe
29 Corduroy ridge
31 Greyhound carrier
33 Be important
34 Off-repeated chant
36 U2 lead
37 Applaud
38 Puerto —
39 Roundish hairstyle
40 Superhero costume feature
43 Ostrich's cousin

- 44 Lubricate
45 Closemouthed
46 Type squares

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

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marc

My mpenzi, we have been together for 5 years and married for 2.our love has endured lots of difficulties.My soldier no matter where you are just remember,I am always there with you and I love you so dearly, always.You are my rock you strengthen me, and my gift to you is my love and honour, and the children we will soon have.I love you Allan now and always. **FROM MRS MARION**

PrinceCharming

"We both know all this has to come to an end" - hmm! i asked 4u long time back for my next life &i was promised. but look HE is letting me have u now...how unattainable unobtainable is that? u r not going anywhere coz i am following u...even next!! **FROM YR HEARTBEAT**

Today's horoscope

♈ Aries March 21-April 20

No matter how hard you think your life may be there is always someone worse off

♉ Taurus April 21-May 21 Someone you trust will give you excellent advice today

♊ Gemini May 22-June 21 ? If you have put in the hours and made an extra special effort then you can expect some kind of reward today

♋ Cancer June 22-July 22 There is no point beating yourself up emotionally and mentally because

you made a mistake

♌ Leo July 23-Aug.23 Something you value will be taken from you today

♍ Virgo Aug. 24- Sept. 22 Even if you are convinced that you're in the right accept some of the blame.

♎ Libra Sept. 23-Oct. 23 Spread your workload around as much as you can today.

♏ Scorpio Oct. 24-Nov. 22 The harder you have worked in recent weeks the bigger the payoff will be over the next few days.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

Don't be too generous when it comes to dividing the spoils.

♑ Capricorn Dec. 22-Jan. 20

Relationships may be serious things but it pays to be light-hearted

♒ Aquarius Jan. 21-Feb. 18

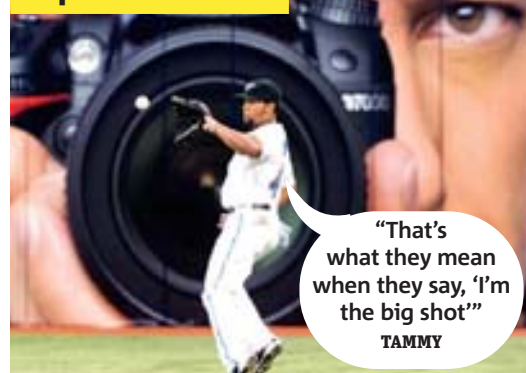
If you have been wasteful with money of late you need to get serious

♓ Pisces Feb. 19-March 20.

Don't ignore the needs of others or trample on their dreams.

© SALLY BROMPTON

Caption contest



"That's what they mean when they say, 'I'm the big shot'"
TAMMY



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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08 Volvo C30

• Load, A/C, Auto
• st: 32010
• km: 43228

\$18,650

\$170***
Bi-weekly



07 Beetle Convert.

• Load, A/C, Lthr, Auto
• st: 32279
• km: 74238

\$17,640

\$161***
Bi-weekly



08 Accord EX

• Load, A/C, Roof, Auto
• st: 32255
• km: 98887

\$15,870

\$145***
Bi-weekly



07 Nissan Quest

• Load, A/C, Auto
• st: 32341
• km: 91417

\$13,870

\$126***
Bi-weekly



07 Saab 9-3 Turbo

• Load, A/C, Roof, Lthr, Auto
• st: 32111
• km: 74163

\$14,820

\$135***
Bi-weekly



08 Tribute

• Load, A/C, Auto
• st: 32222
• km: 63888

\$12,750

\$116***
Bi-weekly



07 Miata MX-5 Coupe

• Convertible, Load, A/C, Auto
• st: 32058
• km: 56326

\$19,970

\$182***
Bi-weekly



GREAT VEHICLES UNDER

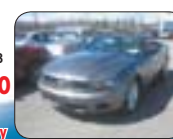
\$10,000

10 Mustang Convert

• Load, A/C, Auto
• st: 31839
• km: 53533

\$23,850

\$185***
Bi-weekly



07 Sienna CE

• Load, A/C, Auto
• st: 32328
• km: 92142

\$15,930

\$145***
Bi-weekly



07 Calibre SXT

• Load, A/C
• st: 31750
• km: 102450

\$7,890

\$72***
Bi-weekly



07 Montana SV6

• Load, A/C
• st: 31570
• km: 94151

\$9,370

\$85***
Bi-weekly



07 Matrix

• Std
• st: 31443
• km: 91796

\$8,850

\$81***
Bi-weekly



07 Five Hundred SEL

• Load, A/C
• st: 32092
• km: 106039

\$9,970

\$91***
Bi-weekly

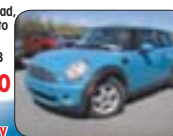


08 Mini Cooper

• Convert, Load, A/C, Lthr, Auto
• st: 32001
• km: 71698

\$16,870

\$154***
Bi-weekly



07 Camry LE

• Load, A/C, Auto
• st: 31960
• km: 94029

\$12,960

\$118***
Bi-weekly



07 Chevrolet HHR LS

• Load, A/C, Auto
• st: 32196
• km: 53821

\$9,460

\$86***
Bi-weekly



07 Caravan SXT

• Load, A/C
• st: 31931
• km: 63778

\$9,970

\$91***
Bi-weekly



09 PT-Cruiser

• Load, A/C, Auto
• st: 31807
• km: 59071

\$8,950

\$72***
Bi-weekly

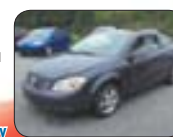


08 Pontiac G5 Coupe

• A/C, Auto
• st: 31249
• km: 68951

\$8,650

\$79***
Bi-weekly

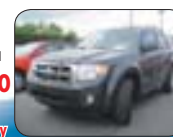


08 Ford Escape XLT

• Load, A/C, Roof, Auto
• st: 32184
• km: 67421

\$14,650

\$133***
Bi-weekly



08 Allure CXL

• Load, A/C, Roof, Lthr, Auto
• st: 32286
• km: 87966

\$13,460

\$123***
Bi-weekly



07 Sebring

• Load, A/C
• st: 31515
• km: 86262

\$9,680

\$88***
Bi-weekly



08 Ford Focus SE

• Load, A/C, Auto
• st: 31986
• km: 91981

\$8,970

\$82***
Bi-weekly



08 Corolla CE

• Load, A/C, Roof
• st: 32104
• km: 81859

\$9,960

\$91***
Bi-weekly



07 Nissan Versa S

• Load, A/C, Auto
• st: 32064
• km: 89744

\$9,820

\$89***
Bi-weekly



07 Passat

• Load, A/C, Lthr, Auto
• st: 32272
• km: 71030

\$14,930

\$136***
Bi-weekly



08 Mazda3

• A/C
• st: 32241
• km: 34874

\$10,820

\$99***
Bi-weekly



07 Mazda5 GS

• Load, A/C
• st: 32208
• km: 71434

\$9,960

\$91***
Bi-weekly



08 Elantra

• Std
• st: 31585
• km: 87573

\$7,380

\$67***
Bi-weekly



07 Golf City

• Std
• st: 31531
• km: 74669

\$8,960

\$82***
Bi-weekly



07 Pontiac Vibe

• A/C, Std
• st: 32044
• km: 95204

\$9,650

\$88***
Bi-weekly



07 Patriot Sport

• Load, A/C, Auto
• st: 31996
• km: 76411

\$10,860

\$99***
Bi-weekly



10 Toyota Yaris

• Load, A/C, Auto
• st: 32076
• km: 50602

\$12,850

\$104***
Bi-weekly



07 Acura TSX

• Load, A/C, Roof, Lthr, Auto
• st: 32300
• km: 80527

\$16,840

\$153***
Bi-weekly



07 Rabbit

• Load, A/C
• st: 32274
• km: 77858

\$13,950

\$127***
Bi-weekly



08 Ford Ranger Sport

• Std
• st: 32152
• km: 74169

\$10,880

\$99***
Bi-weekly



08 Altima 2.5S

• Load, A/C, Auto
• st: 32193
• km: 73130

\$13,820

\$126***
Bi-weekly



07 Mazda CX7 GS

• AWD, Load, A/C, Auto
• st: 29811
• km: 67352

\$15,840

\$144***
Bi-weekly



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